



The Journey of a Registered Nurse

From Education to Career Opportunities

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Nursing Professional Development & Education



Educational Requirements

- High School Diploma: Emphasis on science courses (biology, chemistry, etc.)
- Nursing Programs:
 - Associate Degree in Nursing (ADN): Typically 2-3 years
 - Bachelor of Science in Nursing (BSN): Typically 4 years
- Advanced Degrees:
 - Master of Science in Nursing (MSN)
 - Doctor of Nursing Practice (DNP)
- Licensure: Passing the NCLEX-RN exam



Clinical Training and Experience

- **Clinical Rotations:** Hands -on experience in various healthcare settings
 - Hospitals
 - Clinics
 - Community Health Centers
- **Specialties:** Exposure to different nursing specialties
 - Pediatrics
 - Emergency Care
 - Surgical Nursing
- **Internships and Externships:** Additional practical experience

Career Opportunities for Registered Nurses

- Hospital Settings:

- Staff Nurse
- Charge Nurse
- Nurse Manager
- Nurse Educator

- Community Health:

- Public Health Nurse
- School Nurse

- Other Settings:

- Home Health Care
- Long-term Care Facilities
- Research and Academia

- Advanced Practice Roles:

- Nurse Practitioner
- Nurse Anesthetist
- Nurse Midwife
- Clinical Nurse Specialist



Lifelong Learning and Growth

- **Certifications:** Specialty certifications (e.g., Critical Care, Oncology)
- **Advanced Degrees:** Pursuing MSN, DNP, or PhD
- **Professional Organizations:** Joining organizations like the American Nurses Association (ANA)
- **Conferences and Workshops:** Attending industry events for networking and learning

The Challenges and Rewards of Nursing

- **Challenges:**

- High Stress Levels
- Workforce Shortage
- Emotional Strain

- **Rewards:**

- Making a Difference
- Personal Fulfillment
- Global Opportunity



Journey to becoming a Physician Assistant (PA -C)

Liz Masten, MS, PA-C



What does a Physician Assistant do?

- Take a medical history and perform a physical exam
 - Routine physical exams
 - Diagnose illnesses
- Order tests
 - Bloodwork
 - X-rays, CT scans
- Prescribe medications, give vaccines
- Perform procedures
 - Suturing, staples, incision and drainage
 - Assist Surgeons in operating room
- See patients across the entire lifespan



Undergraduate education

- Being a PA requires an undergraduate degree, preferably in a health science related field:
 - Psychology, Medical Technology, Kinesiology, Biology, Microbiology etc.
 - Minimum GPA 3.0
- Each PA program requires certain undergraduate classes (Anatomy and Physiology with lab etc)
- Average overall GPA for PA school applicants: 3.6
- Average Science GPA for PA school applicants: 3.5



Patient contact/care hours

- PA schools require hours of hands-on patient care
 - Each PA program has a set number of hours (anywhere from 200-4,000+)
 - Can be paid or volunteer hours
- Examples of ways to obtain patient care hours:
 - EMT (volunteer Emergency Medical Technician)
 - CNA (Certified Nursing Assistant)
 - Medical Scribe
 - Phlebotomist
 - LPN (Licensed Practical Nurse)
 - Medical Assistant



PA school - Application and matriculation

- Once you have completed your bachelor's degree and patient care hours
- Apply to PA programs via CASPA
 - Centralized Application Service for Physician Assistants
- Include in your application:
 - PA shadowing hours
 - LOR from a PA that you have spent time with
- Physician Assistants graduate with a Master's degree
 - Most programs are 24-36 months
- Didactic and Clinical years
 - Didactic = class work, usually 12-15 months in length
 - Clinical = rotations usually 12-18 months in length

CASPA™

Becoming a certified PA

- Once you have graduated from an accredited PA school, you will go on to take your certification exam through the NCCPA
 - National Commission on Certification of Physician Assistants
- PANCE
 - Physician Assistant National Certifying Examination
 - 300 Q exam
- Recertification every 10 years- PANRE
- CMEs
 - Continuing Medical Education
 - 100 every 2 years





Beyond Certification

- Fellowships
 - Neonatology
 - Surgery
 - Critical Care
 - Emergency Medicine... and more!
- Some PAs go on to complete their Doctorate Degree
 - Various degree programs available



Pathway to Becoming a Physician

Essential steps and
skills for aspiring
doctors

Tabassum Salam, MD

Brian Levine, MD





Agenda for Discussion

- Understanding the Medical Profession
- Educational Pathway
- Medical School and Training
- Skills and Qualities of a Successful Doctor
- Challenges and Rewards



Understanding the Medical Profession



What Does a Doctor Do?

Diagnosis and Treatment

Doctors assess patients to diagnose illnesses and determine appropriate treatment plans for recovery.

Preventive Care

Preventive care is crucial for maintaining health and involves regular check-ups, vaccinations, and health screenings.

Patient Education

Educating patients about health, treatment options, and lifestyle choices is an essential part of a doctor's role.



Different Types of Doctors and Specializations



Primary Care Physicians

Primary care physicians are often the first point of contact for patients, providing routine check-ups and preventive care.



Surgeons

Surgeons specialize in performing operations and procedures to treat injuries, diseases, and deformities.



Pediatricians

Pediatricians specialize in the medical care of infants, children, and adolescents, addressing their unique health needs.



The Impact of Doctors on Society



Healthcare Provision

Doctors play a vital role in treating illnesses and ensuring the well-being of individuals in society. -

Public Health Initiatives

Many doctors contribute to public health initiatives aimed at improving health outcomes for communities.

Research Contributions

Doctors engage in research to advance medical knowledge and develop new treatments for various conditions.

Community Wellness Programs

Doctors often spearhead wellness programs that promote healthy lifestyles and preventative care within communities.



Educational Pathway



High School Preparation

Focus on Science and Math

Excelling in science and math courses is crucial for high school students, laying a strong academic foundation for future studies.

Extracurricular Activities

Participating in extracurricular activities helps develop essential skills and enriches the overall high school experience.

Volunteering in Healthcare

Volunteering in healthcare settings provides invaluable experience and insight, enhancing students' understanding of the field.





Undergraduate Studies and Pre-Med Programs

Pursuing a Bachelor's Degree

Aspiring doctors begin their journey by obtaining a bachelor's degree in a relevant field, which is essential for medical school.

Pre-Med Program Overview

Pre-med programs provide the necessary coursework and training that prepares students for the medical school application process.

Research Opportunities

Participating in research during undergraduate studies enhances a student's application to medical school and provides valuable experience.





Medical School Admission Requirements



Strong GPA Requirement

A competitive GPA is essential for medical school admission, indicating academic excellence and preparedness for rigorous studies.

MCAT Scores

High scores on the MCAT are crucial as they assess the knowledge and skills necessary for success in medical school.

Letters of Recommendation

Strong letters of recommendation from mentors and professionals validate the applicant's capabilities and character.

Relevant Healthcare Experience

Experience in healthcare settings showcases an applicant's commitment to medicine and understanding of the field.



Medical School and Training



Overview of Medical School Curriculum

Classroom Education

The first two years focus on classroom -based education that covers essential basic sciences necessary for medical practice.

Clinical Rotations

The next two years involve clinical rotations, providing hands -on experience in various medical specialties and patient care.





Clinical Rotations and Practical Experience

Hands -on Experience

Clinical rotations provide hands -on experience, crucial for medical students to apply theoretical knowledge in real -world scenarios.

Diverse Specialties

Students rotate through various specialties, gaining exposure to different medical fields and enhancing their understanding of patient care.

Skill Development

Practical experience during rotations helps students develop clinical skills essential for their future medical careers.



Residency Programs and Specialization

Specialized Training

Graduates enter residency programs for specialized training in their chosen medical field, enhancing their skills and knowledge.

Duration of Residencies

Residency programs vary in duration, lasting from three to seven years based on the medical specialty selected.





Skills and Qualities of a Successful Doctor



Necessary Academic Skills

Importance of Science Skills

Strong academic skills in sciences help medical students grasp complex concepts essential for their future careers.

Critical Thinking

Critical thinking enables medical students to analyze information effectively and make sound clinical judgments.

Problem -Solving Skills

Problem -solving skills are essential for tackling challenges in medical practice and ensuring patient care.





Maintaining Work -Life Balance

Importance of Balance

Maintaining a work -life balance is essential for doctors to ensure personal well -being and professional effectiveness.

Managing Stress

Effective stress management strategies help doctors cope with the demands of their profession, leading to better health outcomes.

Prioritizing Self -Care

Doctors must prioritize self -care to recharge and improve their overall mental health, enhancing their ability to care for others.





Challenges and Rewards



Common Challenges Faced During Medical Training

Demanding Workloads

Medical training involves extensive coursework and long hours, leading to a challenging workload for students.

Emotional Stress

Caring for patients can lead to emotional stress, impacting the mental well being of medical trainees. -

Competitive Environment

The pressure to excel academically and clinically creates a highly competitive environment among medical trainees.





The Rewards of Being a Doctor

Making a Difference

Doctors have the unique ability to impact their patients' lives significantly through their care and expertise, providing hope and healing.

Continuous Learning

The field of medicine is ever -evolving, allowing doctors to engage in lifelong learning and stay updated on the latest advancements.

Respected Profession

Being a doctor earns respect in society, as physicians are viewed as trusted professionals dedicated to the well -being of others.



Long -Term Career Prospects and Opportunities

Diverse Career Opportunities

A career in medicine includes various paths such as clinical practice, research, and teaching, providing numerous options for professionals.

Growing Demand for Professionals

The increasing demand for healthcare professionals ensures job security and stability in the medical field for years to come.

Fulfillment in Medicine

A career in medicine not only offers stability but also provides personal fulfillment through helping others and making a difference.





Conclusion

Challenges of Becoming a Doctor

The journey to becoming a doctor is filled with challenges that require commitment and resilience.

Educational Pathway

Following a structured educational pathway is essential for aspiring doctors to acquire the necessary knowledge and skills.

Skills Development

Developing clinical and interpersonal skills is crucial for success in the medical field and patient care.